



Center for Orthopedics  
and Plastic Surgery

**Sports Medicine & Hip Preservation • Garrett Kerns, D.O.**

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**Discharge and Home Instructions**  
**Shoulder Surgery**

The following surgery was performed:

- Arthroscopic:     Rotator cuff repair     Labral repair     Biceps tenodesis/tenotomy
- Acromioplasty     Distal clavicle excision     Other: \_\_\_\_\_
- Open:             Total shoulder replacement     Reverse shoulder replacement     Fracture Repair
- Latarjet coracoid transfer     Other \_\_\_\_\_

The following anesthesia was utilized:

- General     Peripheral nerve block     Local anesthetic

**Management after Anesthesia:**

- Drink adequate amounts of fluids
- Resume regular diet, beginning with bland, non-spicy foods such as soups and breads and progress as tolerated
- Begin taking all your normal medications that were taken prior to surgery, unless directed otherwise

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## MEDICATIONS

- **Pain Management Program (PLEASE FOLLOW EXACTLY FOR BEST RESULTS)**
  - **Over-the-counter Acetaminophen (Tylenol): 1000 mg every 8 hours for 5 days**
  - **Over-the-counter Ibuprofen 800 mg every 6 hours for 5 days**
  - **Oxycodone 5mg every 4-6 hours as needed for pain**
  - **Works best if you alternate between Acetaminophen and Ibuprofen every 4 hours making sure not to exceed 3 doses of Acetaminophen in a 24-hour period.**
  - **After 5 days everything can be taken as needed.**
  - **IF you have an allergy then take what you can.**
- Zofran will be given for nausea.
- Valium or Zanaflex for post-operative muscle spasms
- Doxycycline 100mg twice daily for 3 weeks post-operatively if there are no allergies
- If there is concern for scar tissue Losartan 12.5mg twice daily for 3 weeks post-operatively.
- Take your usual medications UNLESS you are directed differently by your doctor.

## PAIN MANAGEMENT

- **Expect to have pain following surgery. A pain level of 4-5 out of 10 is our goal. The pain medication prescribed for you is only to be used as a rescue medication. The medications often do not take all the pain away. The first few days following surgery can be the most painful. Just remember, it will get better.**
- **Take pain medication once nerve block begins to wear off. It is highly recommended to take pain medication before bed if the nerve block has not worn off to avoid pain once the nerve block does wear off. Please note that the nerve block typically wears off at night.**
  - **If the nerve block lasts longer than 48 hours please contact your surgeon.**
- Pain medication should be taken 20-30 minutes before doing any exercises. Do not take alcoholic beverages, drive a car, or operate heavy machinery when taking pain medication.
- Apply an ice pack to the covered incision for 20-30 minutes at least 4 times a day, or as instructed by your doctor with at least 30 minutes between icing sessions. **If given an ice machine, it is recommended to use it in intervals of 20 minutes on and 40 minutes off for the first 5 days postoperatively. Then it can be used as needed after those 5 days.**
- Call your doctor if your pain is not well controlled.

### Activity:

- Do not drive or perform strenuous activity for 24-48 hours after anesthesia.
- Sleeping tends to be more comfortable with the operative arm properly supported in the sling, sitting propped upright in bed or in a recliner chair with a pillow behind the operative arm. This position also allows for the placement of ice onto the shoulder throughout the night.

### Surgical Incision Management & Bathing:

- Keep the surgical dressing clean and dry. You may remove it after 72 hours for a shoulder scope and 7 days for a shoulder replacement. If the incisions are dry, they may stay open to the air and do not need to be covered.
- It is normal for dressings to become lightly saturated after surgery in the first 24-72 hours. You

may reinforce with additional gauze dressing and tape. Notify Dr. Kerns' office if the dressings continue to be heavily saturated even with reinforcement.

- Remove the sling when bathing and keep your arm resting at your side. Keep the dressings and incisions dry when bathing by covering with plastic wrap and securing with tape, or by covering with some other waterproof dressing. Keeping the incision dry is also best facilitated by either taking sponge baths or using a removable shower head directed away from the surgical site. This must be continued until your first follow-up appointment with Dr. Kerns and removal of sutures or staples.

### Sling:

- You have been discharged with an abduction pillow sling or regular sling supporting the operative arm.
- Use of the sling is dependent upon the surgical procedure performed and you should follow the following guidelines:

Your sling is provided simply for comfort. It may be removed as soon as it is comfortable to do so over the next 1-3 days. You may perform light activities as tolerated with the operative extremity.

Your sling is protecting the surgical repair and must stay in place at all times during the day and night, except for bathing and performing exercises at home or with your physical therapist. Do not use the operative extremity for any activities.

### Physical Therapy:

- Appropriate physical therapy is critical to the success of your surgery and recovery and you should follow the following guidelines:

Begin physical therapy in 3-5 business days after surgery at designated facility. Take the attached physical therapy prescription with you to the physical therapist. It contains all the instructions for your therapist. If you have not been scheduled for physical therapy previously, ask Dr. Kerns' staff for assistance to schedule this appointment when calling the office to schedule your follow-up appointment with Dr. Kerns.

Perform home exercises as instructed prior to surgery or by the physical therapist 1-2 times per day. You may remove the sling for exercises and replace after your exercises are completed. Outpatient physical therapy will be discussed and scheduled at your first follow-up appointment with Dr. Kerns.

### Supplements to assist with healing:

1. Vitamin D: 5,000 IUs for 12 weeks

2. Vitamin C: 5000 mg for 12 weeks
3. Juven HMB: Twice daily for 12 weeks

Concerns:

- Contact Dr. Kerns Office at (906) 225-1321 if you experience any of the following:
  - Fever greater than 101.5 or chills
  - Excessive redness or drainage from the incisions
  - Pain, numbness, or tingling that is worsening and not managed with ice and medications

Follow-up appointment:

- Call the office at (906) 225-1321 to schedule an appointment for:  1-3 days  7-10 days  10-14 days  \_\_\_\_\_